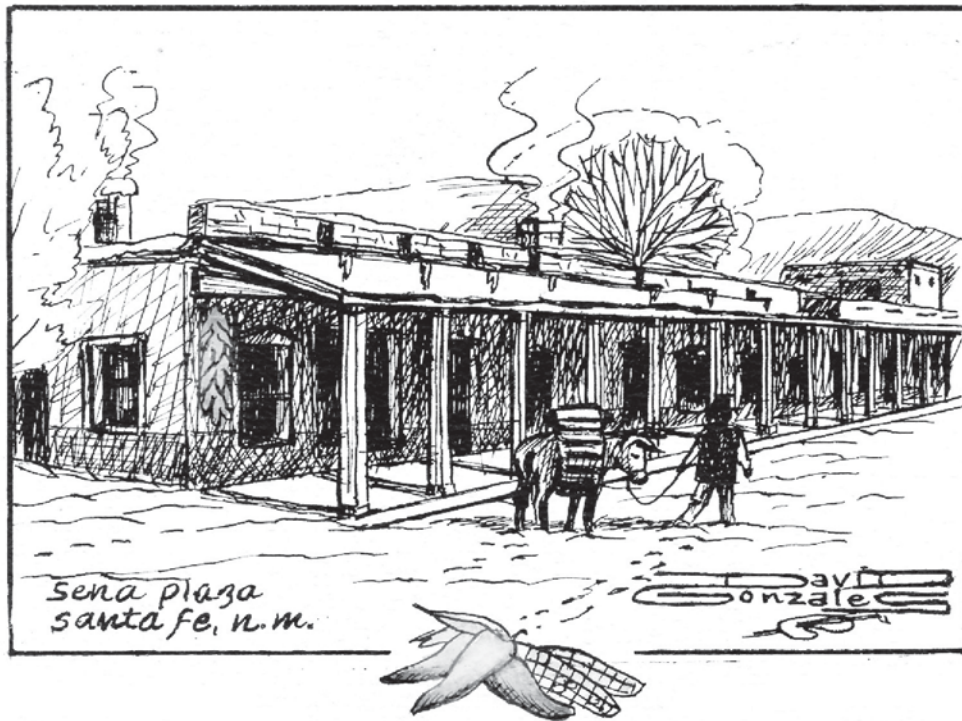


February 2005

The Senior Scene Vistas De Los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Patricia Rodriguez, Director

Administration

Patricia Rodriguez, Director	955-4799
Ron Vialpondo, Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Gladys Stewart, Reception	955-4741

Nutrition

Ron Vialpando, Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels Kitchen

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Rose Slade, Program Coordinator	955-4755
Christine Sanchez-Warren, Prog. Coordinator	955-4715

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744
Linda Quesada, Section Clerk Typist	955-4733

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care
Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Safe Seniors Program

Kristin Slater-Huff	955-4760
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Senior Olympics/Physical Fitness

Lupita Martinez	955-4725
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation

Danny Allen, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4700
Cristina Villa, Transp. Admin. Secretary	955-4756

Miscellaneous

Lobby Area Phone	955-4735
Craft Room	955-4736
Pool Room	955-4737
Board Room	955-4757
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
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Benny Chavez Community Center
Chimayo, New Mexico 87522

EDGEWOOD	281-2515
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114 Quail Trail
Edgewood, New Mexico 87015

EL RANCHO	455-2195
------------------	-----------------

Community Center
P.O. Box 3860
Santa Fe, New Mexico 87501

ELDORADO	No Phone
-----------------	-----------------

1 Hacienda Loop
Santa Fe, New Mexico 87505

LUISA	955-4717
--------------	-----------------

1522 Luisa St. (enter from Columbia St.)
Santa Fe, New Mexico 87501

MARY ESTHER GONZALES	955-4721
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1121 Alto St. Santa Fe, New Mexico 87501

PASATIEMPO (Rose Slade, Coordinator)	955-4755
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Kitchen	955-6433
----------------	-----------------

664 Alta Vista St.
Santa Fe, New Mexico 87501

RIO EN MEDIO	988-3053
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Community Center
El Alto Lane
Rio en Medio, NM 87506

SANTA CRUZ	753-8598
-------------------	-----------------

Abeldon Lopez Community Center
Santa Cruz, New Mexico 87567

VENTANA DE VIDA (Pacheco)	955-6731
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1500 Pacheco St.
Santa Fe, NM 87505

VILLA CONSUELO	474-5431
-----------------------	-----------------

1200 Camino Consuelo
Santa Fe, New Mexico 87505

DIRECTOR'S REPORT

Dear Seniors:

Happy Saint Valentine's Day!

I am pleased to announce that we have received approval by the City and County of Santa Fe for the following individuals to serve as members of the **Division of Senior Services' Advisory Board**:

Mayoral Appointments

Joyce Montoya
Toni Ann Gallegos
Frank Lucero
Kenneth Scott

County Appointments

Laura Lujan
Phyllis Dickens (Vice-Chairwoman)
Tony Rivera
Bill Starkovich

Four Members Elected At Large (City)

Andres Romero
Art Baca (Chairman)
Ralph Digneo
Robert Fernandez

Two Members Elected At Large (County)

Don Bell
Richard Gonzales

Joint City/County Appointment

Virginia Lucero

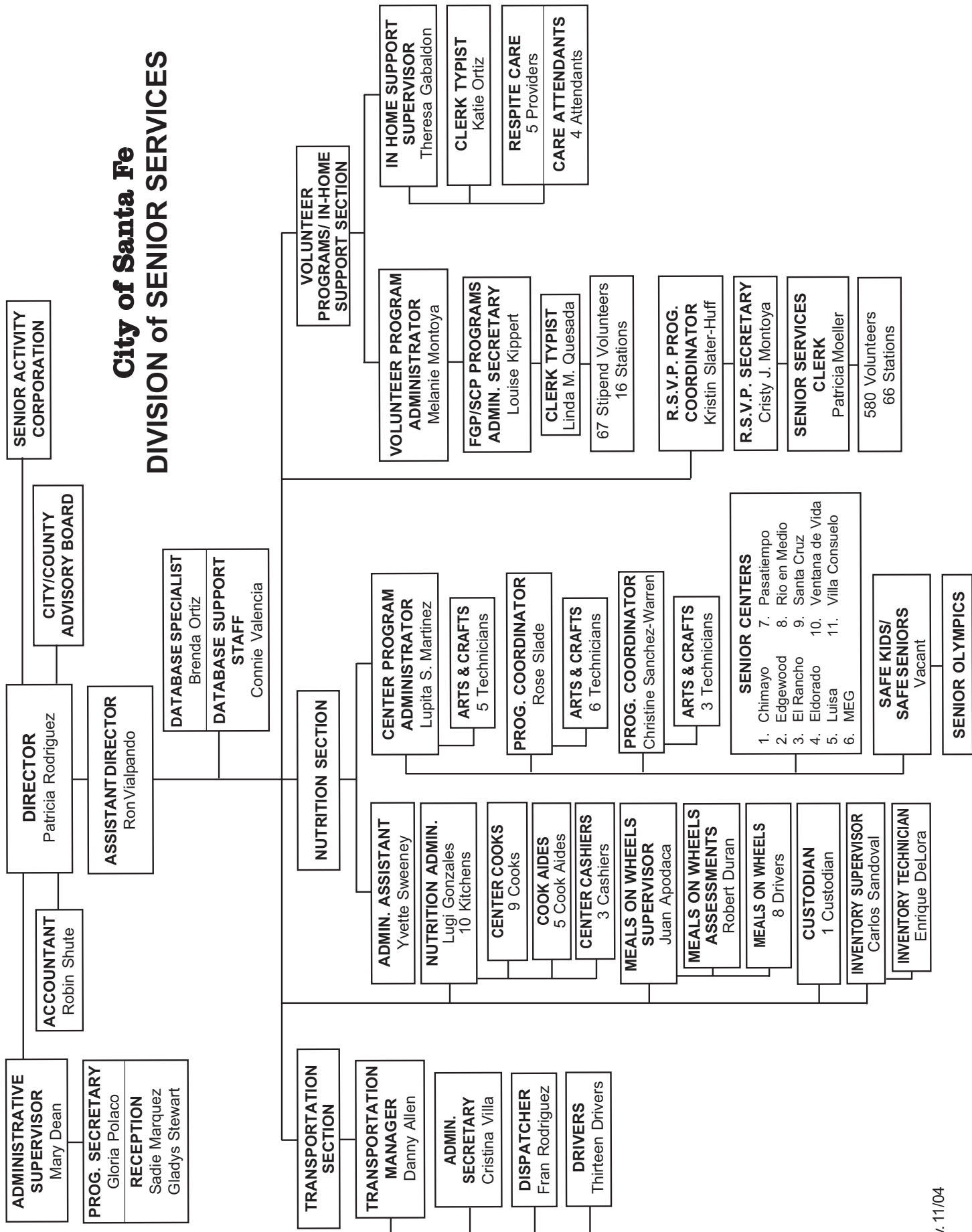
Please help me in welcoming these individuals who have committed to actively participate in this vital Board that provides us with direction and assistance in order to effectively and efficiently provide quality services to Santa Fe's elderly population.

Also, the New Mexico State Legislature's 2005 session began on Monday, January 17. This year we are requesting funding for Capital Outlay as well as for additional operating dollars needed to administer our critical programs. Many of you assisted us by providing valuable participation during Senior Day at the Legislature and appearing at special hearings regarding senior services, as needed. Your presence at the Legislature is greatly appreciated and truly makes an impact on our decision-makers. I hope many of you will be able to continue to assist us with this very important process and I am extending, in advance, a personal **"Thank You"** for your diligent support.

Finally, you might notice that I have updated my picture (below). Many of you have indicated that the picture in previous newsletters did not look like me. Hopefully people will recognize me with this current picture (at least one taken sometime during this last decade).

May God Bless You All,
Patricia Chavez-Rodriguez, DSS Director





NEWS & VIEWS

They will be missed...

Elizabeth (Bette) Hopkins

Born in Flint, MI on December 20, 1921 Bette gently passed away on December 30, 2004. She was preceded in death by her husband E. Packard Hopkins of Brownsville, TX.



She is survived by her daughter, Libby Hall; grandchildren: Tim Hall, Patrick Hall, and Kate Murray; great-grandchildren: Kaya, Halia, Cassius and Kenai, all of Santa Fe. Bette was Director of Big Sisters of Michigan before her retirement to Brownsville, TX, where she resided for 30 years. She was an active member of her church and community.

After moving to Santa Fe in 2001, she became an active member of the Pasatiempo Senior Center. She was an enthusiastic participant in the seniors singing group and volunteered for the Retired Senior Volunteer Program. She was a member of Santa Maria de la Paz Parish.

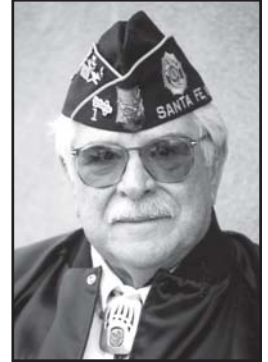
We will all miss her beautiful smile, her bright eyes, her sense of humor, easy laughter, positive attitude, and especially her love. The family wishes to thank the friends, respite workers, hospice staff and volunteers, Open Hands volunteers, doctors and nurses for their loving care, kindness and support during the past year. In lieu of flowers, the family requests donations made in her name to The Hospice Center, 1400 Chama St., Santa Fe, NM 87505.



AAPR Widowed Person's Service will meet on Sunday, February 13 at Ponce de Leon. Doug Peterson will speak on "New Mexico Women". All are invited to attend. For reservations, please call Virginia Pickard at 983-6250.

Robert T. Archuleta

Age 66 of Santa Fe, passed away, Thursday, January 6, 2005. Robert was born in Santa Rita, NM on June 16, 1938 the loving son of Alex and Nena Archuleta.



He was employed by Silver City Glass & Mirror, Coloney Concrete and Meals on Wheels. He was also a Veteran, American

Legion Commander of Post 1 for four years in District 1 and District Commander for four years as well.

He is survived by his loving companion, Corrine Mesa and her sons Nathan Gallegos, Joe Pacheco and wife Joanne; son, Gary A. Archuleta; daughter, Anna Archuleta; mother, Nena Archuleta; sisters, Helen L. Archuleta and Dolores T. Henderson and husband Donald; and numerous other relatives and friends.

Memorial contributions may be directed to The Hospice Center, 1400 Chama St., Santa Fe, NM 87505.

Marie Jackson Roybal

was born July 14, 1911 in Harrah Oklahoma. She came to New Mexico in May 1936 with Mr. and Mrs. Brush to Brush Ranch. She took care of their daughter Berdini, where she met and married Herculano Roybal Nov. 28, 1936, she worked at



Brush Ranch until it sold to Tom Old. They worked and lived at Tom Old's cattle ranch at Vivash.

After world war II they moved to Santa Fe, where she worked at Penny's as a sales clerk, and at St. Vincent Hospital. Marie moved to Pasatiempo Senior Center in 1975 and was very active with the senior center activities. She received senior citizen awards for Senior of the Year in 1985, 1986, 1991 and 1994, and also received a 10 year pin for volunteer work. Marie loved to volunteer at her local senior center, where she spent a lot of her time on center committees, activities, food distribution and lots more. She will be greatly missed by all her friends.

Senior Centers in Literature

(By Edgewood Senior Simon Arzgian)

At our senior center I picked up a paperback copy of "The Rainmaker" by John Grisham a #1 New York Times Bestseller. In the first few pages that I read, there is a description of a senior center and of the seniors in attendance. I did not like what I read, some excerpts below:

The senior center is "a hot damp metal building, with an odd assortment of seniors, the walls are drab and bare, the building is small, somber and cheerless." Further on one of the seniors is characterized as "about eighty but very spry for her age, and acts as mother dictator and bouncer of this organization, she works the crowd like a veteran ward boss." The seniors' eating habits and behavior are not pleasant to observe according to the author: "Lunch proceeded as if those starving souls were feasting with no hope of another meal, they yelled at each other, they dropped food on the floor"

As a writer of fiction the author has every right to describe his characters and places any way he wishes. It may be that his descriptions are based on people and places he has actually seen or just something he made up.

What concerned me, as I read those first few pages of the book, was that individuals who are not familiar with seniors or senior centers, might believe that he is describing a typical center and seniors.

The senior center I attend, and others which I have visited, are generally pleasant places, as are the seniors who attend them. It is very unlikely that I would ever want to attend the kind of center described in the book. The book may have been a bestseller, but since I did not like the characterizations of the seniors and centers, I did not read beyond the chapter.



Seeking Bridge Players

Do you enjoy playing standard American bridge? If so, give us a call at the MEG Senior Center and we will hook you up with others who are looking for people to play with.

Contact Kristin at 955-4760.

Special Days at the New Mexico State Legislature

February 2: "Senior Network Alliance Day" This is a day to educate the public and our elected officials about the legislative priorities of the Alliance for Area Agencies on Aging (first and foremost, funding to maintain our current programs which are stretched to their limits, and then to expand services). Come to the Rotunda between 9:15 and 10:30 a.m. and see what everyone is talking about.

February 10: "Senior Day" Please join others from the senior community at the Rotunda between 2:00 and 3:00 p.m. to emphasize the importance of legislation in support of senior programs, statewide. AARP will host an event at the New Mexico Aging and Long-Term Services Department building at 2550 Cerrillos Road from 11:30 to 1:00.

The Division of Senior Services invites you to visit our largest congregate meal site for a nutritious hot meal or soup and salad (refer to menu on last page) on either of these dates. The Mary Esther Gonzales Senior Center at 1121 Alto Street serves lunch each weekday from 10:45 to 12:45. For groups of 5 or more please reserve your space with Lugi Gonzales at 955-4711.

NEWS & VIEWS continued



Caregiver Support Group

The City of Santa Fe Division of Senior Services & Friends in Deed Peer Support and Guidance present a free Caregiver Support Group.

The guest speaker will be Jytte Lokvig, BA, MA Author of "Alzheimer's A to Z".

The program will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals. A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation.

New faces are always welcome. Hope to see you at the Luisa Senior Center located at 1522 Luisa St. (enter from Columbia St.) on Wednesday, February 16, 2005, from 1:00 p.m. to 3:30 p.m.

For reservations or financial aid to hire a relief caregiver during your attendance, please call Theresa Gabaldon or Gloria Polaco at 955-4721.

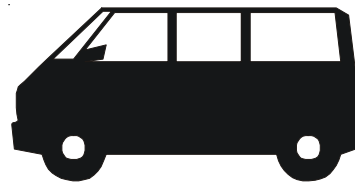


Captioned Phones Available for Deaf

(From *The New Mexican*, November 16, 2004)

Relay New Mexico is distributing captioned telephones in Santa Fe for people who are deaf, hard of hearing or with speech impairments. A captioned phone uses voice-recognition software so people can read and hear what their caller says. Everything spoken appears in a text window on the phone.

The state has contracted Relay New Mexico to provide up to 400 phones at no cost on a first-come, served basis through June 2005. For more information or to reserve a phone, call 292-0454 or e-mail Frontdesk@relayNM.org.



SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 4:30 p.m. *Monday through Friday

Call: Fran Rodriguez, Transportation Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

* The first Tuesday of the month, rides are available 8:00 a.m. to 2:30 p.m.

ECHO Commodities Food Distribution

At the County Extension Building.
3229 Rodeo Rd.

Third Tuesday of every month
9:30 a.m. - 1:30 p.m.

Next distribution February 15.
Call 505-242-6777 for more information.



Employment Opportunities

SER- Jobs for Progress and AARP Senior Employment Program have openings to hire several eligible seniors.

There are several positions each for Cook Aides, and for Meals on Wheels drivers from the M.E.G. Senior Center.

All positions are 20 hours a week. Applicants must meet income guidelines and be at least 60 years of age.

For more information, please call Ron Vialpando at Senior Services at 955-4710.

Free Fitness Walking Clinics

You are invited to attend a series of fitness walking clinics to be held at the Fort Marcy Recreational Complex on Thursday, February 17th and Friday, February 25th, from 8:30 to 10:30 a.m. All ages are welcome.

There will be leadership and instruction provided by Joe Armbruster, Roy Cope and Barb & Hutch Hutchinson. Everyone needs to exercise and fitness walking is the best inexpensive exercise you can do at your speed and to fit your life situation.

If you are already walking regularly, you are invited to consider improving your walking technique, since fitness walking is the most efficient way to walk for the body. For those who have been jogging, they especially invite you, because fitness walking does not pound on and damage the knees.

For those with sore knees or knee replacements, this is the easiest, most comfortable way to walk.

Take a friend along to these free clinics. There will be personal guidance for all, lots of helpful handouts, and free healthful advice, courtesy of Fort Marcy.

When you go, they request that you wear walking shorts so that you show your knees.

For more information, call Hutch Hutchinson at 982-0684 or email at Hutchsf@aol.com

2005 Senior Services Calendar



The 2005 Calendar of Events for Senior Services is now available. Aside from listing dances, commodity distributions, barbecues and meetings, it also includes a comprehensive description of the services that the staff here provides to you, our senior population.

If you have not picked one up at a senior center, please do so. If you would like us to mail you one, please call 955-4760.

Social Security Outlook Not So Grim After All

(From *AARP Bulletin*, July-August 2004)

Social Security's long-range financial problems haven't gone away, but the nonpartisan Congressional Budget Office (CBO) says the outlook is a lot better than previously suggested.

In a new analysis, the agency estimated that, barring changes in the system, Social Security's trust funds would not be exhausted until 2052 - 10 years later than Social Security's trustees predicted in March. The disparity stems from differing assumptions about future economic trends.

The CBO said, however, that Social Security's outlays would begin to outstrip its revenue in 2019 and that a gap between the two is likely to remain unless changes are made. "The study reconfirms," says John Rother, AARP Policy Director, "that Social Security is in excellent short-term shape but needs to be modified for boomer retirements. Significantly, it also indicates that those modifications can be more moderate than previously assumed."

Need Help with Heating Costs?



Call the N.M. Aging and Long-Term Services Department at 1 (800) 432-2080 to find out about LIHEAP, the Low Income Heat and Energy Assistance Program.

Bulletin Boards at Senior Centers

The bulletin boards at the Santa Fe City and County Senior Centers are convenient for the seniors and non-seniors use. We welcome any ads or information you would like to share with the community.

When you post an item, please be sure to put the date on it. We will keep your flyers up for a month, or until the event has occurred.

Pharmaceutical Companies Join Together

Eleven leading pharmaceutical companies have launched a new drug card program to offer discounts on prescription drug purchases for 36 million uninsured Americans. The Together RX Access Card program, which begins in February, will provide savings of 25 – 40% off the retail price of more than 275 brand-name drugs offered by the sponsoring companies.

The guidelines will cover some 36 million people. Legal U.S. residents who are uninsured, under age 65, ineligible for Medicare and have no public or private drug coverage are eligible for the card if they meet program income guidelines. Those guidelines, which vary depending on family size, require that cardholders earn less than \$30,000 if single or less than \$60,000 for a family of four.

The drugs include medications to treat a broad range of illnesses, including diabetes, cancer, high blood pressure and arthritis.

Of the nation's 45 million uninsured, about 80 % are probably eligible for the card, said Roba Whiteley, executive director of Together RX Access, based in Alexandria, Va.

For more information 24 hours a day, seven days a week, call 800-444-4106 or by visit the Internet site at www.TogetherRxAccess.com.



Road Scholars Museum

(Excerpted from *Archaeology* July-August 2004)

When highway construction destroyed part of a prehistoric, seventeen hundred room pueblo in northern New Mexico in 1952, Fred Wendorf knew it was time to act. Wendorf, then at the Museum of New Mexico in Santa Fe, pushed state officials to give archeologists access to any sites uncovered by road crews. So began New Mexico's now fifty year old Highway Archeology Program.

Black and white photos provide dramatic testimony that the first preservation efforts were frantic, with archeologists laboring just a few feet ahead of bulldozers. Field reports and follow-up lab work were practically nonexistent. Wendorf and his colleagues were pressured not to delay road work.

Working conditions have improved considerably since those hasty times. Laws now protect archeological sites on state and federal land. Since 1954, archaeologists have studied more than ten thousand miles of land that lay in the path of New Mexico's roads, and in the process mapped nearly eight thousand years of the region's rich history.



Self-Advocacy Class for Older Blind Adults

Meet with other older adults who are dealing with vision loss and discuss strategies for getting your needs met from medical professionals, family members and others who may need training from you on how to deal with your needs. This is an eight week class, starting in March.

Where: 1205 Parkway Drive, Suite A
Free to older, blind or visually impaired adults 55 years and older
For further details, call Mary McGinnis at 471-1001 ext. 17
Preferred class size limited to 12.



FREE TAX ASSISTANCE

AARP Tax Aid, in cooperation with Tax Help N.M. and the Division of Senior Services, will offer tax preparation to seniors and low-income New Mexicans. Trained volunteers will complete your Tax Year 2004 Income Tax return, free of charge. Appointments are not necessary. First come, first served.

**Please bring your Tax
returns from 2003**

Most seniors are eligible for rebates, even if they did not receive any income in 2004.

Please come find out what rebates you are eligible for.

*NEW LOCATION:
Santa Fe Community College's
Business & Technology Dept.
located on the ground floor
of the west wing*

*Mondays through Fridays 9:00 a.m. to 2:00 p.m. Saturdays
9:00 a.m. to 12:00 p.m.*

February 1st through April 15th

Senior Services vans will be at the SFCC every hour on the hour to take you home after filing your taxes.

If you have questions, please call Melanie at 955-4761

LEGAL & CONSUMER INFORMATION

Work at Home Schemes

(From the Federal Trade Commission's *Facts for Consumers*)

While you may find "Work at Home" ads appealing, especially if you can't work outside your home, proceed with caution. Not all work at home opportunities deliver on their promises. Many ads omit the fact that you may have to work many hours without pay. Countless work at home schemes require you spend your own money to place newspaper ads; make photocopies; or buy the envelopes, paper, stamps, and other supplies or equipment you need to do the job. The companies sponsoring the ads also may demand that you pay for instructions or "tutorial" software. Consumers deceived by these ads have lost thousands of dollars, in addition to their time and energy. Several types of offers are classic work at home schemes:

Medical Billing

Ads for pre-packaged business known as billing centers are in newspapers, on television and on the internet. If you respond, you get a sales pitch that may sound something like this: There's "a crisis" in the health care system, due partly to the overwhelming task of processing paper claims. The solution is electronic claim processing. The promoter also may tell you that many doctors who process claims electronically want to "outsource" or contract out their billing services to save money. Promoters will promise that you can earn a substantial income working full or part-time, providing services or that their qualified salespeople will find clients like you.

Envelope Stuffing

Promoters usually advertise that for a "small fee" they will tell you how to earn money stuffing envelopes at home. Later when it's too late you find out that the promoter never had any employment to offer. Instead, for your fee, you're likely to get a letter telling you to place the same "envelope stuffing" ad in newspapers or magazines, or to send the ad to friends and relatives. The only way you'll earn money is if people respond to your work at home ad.

Assembly or Craft Work

These programs often require you to invest hundreds of dollars in equipment or supplies. Or they require you to spend many hours producing goods for a company that has promised to buy them. However, after you've purchased the supplies or equipment and the work, fraudulent operators don't pay you. In fact, many companies refuse to pay for their work because it didn't meet "quality standards."

Questions to Ask

Legitimate work at home program sponsors should tell you in writing what's involved in the program they are selling. Here are some questions you might ask a promoter:

- What tasks will I have to perform? Ask the program sponsor to list every step of the job.
- Will I be paid a salary or will my pay be based on commission?
- Who will pay me?
- When will I get my first paycheck?
- What is the total cost of the work at home program, including supplies, equipment and membership fee? What will I get for my money?

The answers to these questions may help you determine whether a work at home program is appropriate for your circumstances, and whether it is legitimate. You also might want to check out the company with your local consumer protection agency, state Attorney General and the Better Business Bureau, not only where the company is located, but also where you live. These organizations can tell you whether they have received complaints about the work at home program that interests you.

But be wary: the absence of complaints doesn't necessarily mean the company is legitimate. Unscrupulous companies may settle complaints, change their names or move to avoid detection.

Complaints

The Federal Trade Commission works for the consumer to prevent fraud and deception. Call 1-877-FTC-Help (1-877-382-4357) or log on to www.ftc.gov.

LEGAL & CONSUMER INFORMATION

Removing Your Name from Lists

(This information was approved by the New Mexico Office of the Attorney General)

Do Not Call or Do Not Mail

If you are tired of being bothered by direct marketers calling your home and you are saddened when the only mail you receive is "junk mail" you should write to the following services to have your name removed from their lists:

Telephone Preference Service
c/o Direct Marketing Association
P.O. Box 9014
Farmingdale, NY 11735-9014

Mail Preference Service
c/o Direct Marketing Association
P.O. Box 90008
Farmingdale, NY 11735-9008

Please include your name, address, and phone number.

Don't Use My Name

To prohibit the use of your credit information from being used for offers of credit, you must notify the credit reporting agencies in writing. Written notification permanently prohibits the use of your information.

Experian
P.O. Box 2002
Allen, TX 75013-0036

Equifax Credit Information Service
5505 Peachtree Dunwoody Road Ste 600
P.O. Box 740241
Atlanta, GA 30374-0241

Trans Union LLC
Consumer Relations Center
2 Baldwin Place
P.O. Box 1000
Chester, PA 19022

Are You a Direct Deposit Holdout?

(From *New Mexico Senior Citizen News* July 2004)

Are you or someone you know among the nearly one in five people receiving Social Security benefits who is not using direct deposit?

We often scratch our heads and wonder why everyone does not sign up for direct deposit. Direct deposit really is the most convenient way to make sure that your benefit payments are there when you need them. Most of the nearly 50 million people getting Social Security do take advantage of direct deposit but certainly not all. And we would like them to reconsider. So here are some of the many advantages to using direct deposit:

- You never have to worry about a lost or stolen benefit payment. While check theft has doubled in the past 10 years, not one benefit payment has ever been lost with direct deposit.
- You have your money available on the day that it is automatically deposited. There is no need to wait in long lines to cash a check, or to battle wind, rain or snow to get to the bank, or to use your car's gas or arrange for transportation.
- In an age when folks worry about privacy, you should know that direct deposit of benefits is actually more confidential than getting a check because fewer people are involved in the payment process.
- And finally, direct deposit gives you a chance to perform a small patriotic service. According to the Department of Treasury, it costs the government about 45 cents to process and mail a check, while it only costs about 9 cents to send those same benefit payments by direct deposit. Using direct deposit saved Social Security's trust funds almost \$169 million last year.

If you or someone you know are among the one of five people receiving Social Security benefits who are not using direct deposit, I invite you to visit us at www.ssa.gov/deposit/ Or you can call 1-800-772-1213 or visit a local Social Security office and ask for the publication *Social Security-Receive Your Benefits by Direct Deposit*. You can also get a copy of this publication by visiting our website, www.socialsecurity.gov

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

Casa Real Nursing Home really needs a few extra hands. They are a very large facility and it is impossible for staff to see to every need without volunteer support. Their very full monthly activity calendar includes music, current events, bingo, puzzle time, trivia, Pictionary, group games, hot cocoa parties, sing-a-long, a walking program, ecumenical services, collages, spelling bees, reading groups, basketball toss, card games, Rosary, one-on-one visits, movies, monthly birthday parties, and craft classes.

Which one of these events interests you most?

You can pick your own schedule and activity preferences, and the Activity Director, Ramona, will provide orientation and support.

Protect the consumers of New Mexico! The N.M. **Attorney General's Office** needs one dedicated volunteer to oversee their brochures, books, fact sheets and other resources. This person would spend a few hours a week in their office downtown. They would sort, organize, keep inventory on, and re-order the consumer protection resources. The staff is very professional, supportive and grateful.

Some of the City and County of Santa Fe **Senior Centers** need more volunteers in the dining rooms. You could carry a tray for a frail senior, wipe down the tables, roll the silverware in napkins or just be a helping hand at the ready.



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

February

Melvin Lewis	2/1	Ross Martinez	2/13
Donald A. Marien	2/1	Patricia Lavengood	2/14
Floyd Silva	2/1	Frances Armijo	2/17
Edie C. Cook	2/2	Margaret Gallagher	2/17
Henry E. Gonzales	2/2	J. Barbara Harvey	2/19
Cathy M. Lomax	2/3	Henry Aranda	2/20
Patricia A. Moeller	2/4	Ross M. Quintana	2/22
Eutilia M. Alarid	2/5	Connie R. Kinsey	2/23
Leonora Feitelson	2/5	Geraldine Brown	2/24
Joe O. Fernandez	2/7	James A. Demarest	2/24
Gabriel R. Gallegos	2/8	Donald Doerrer	2/24
Charles F. Knapp	2/8	Carol Kurth	2/24
Josie Vigil	2/8	Socorro Anchondo	2/25
Eva Bylin	2/9	Doris Jean Armstrong	2/25
Don W. Leffelbein	2/9	Fred W. Quesenberry	2/25
Ana Maria Martinez	2/11	Dorothy E. Shiro	2/25
Antonio E. Martinez	2/11	Sadie Medina	2/26
Lugardita Gomez	2/12	Ben M. Sandoval	2/26
Leland B. Meyer	2/12	Delia Trujillo	2/26
Pauline Vigil	2/12	Antonio J. Rodriguez	2/27
Orlando Watson	2/12		

Have a Great Day!

ACTIVITIES

Valentine Dance



Friday, February 4
1:00 – 4:00 p.m.
Fraternal Order of Eagles
833 Early Street
Band: Buena Suerte
Refreshments will be served.
\$2.00 admission
Please bring your senior ID card.



Valentine Ice Cream Socials

At the Ventana de Vida Senior Center on
Saturday, February 12th at 2:00 p.m.
Also at the Luisa Senior Center on Monday,
February 14th at 11:30 a.m.



Bake Sale

Delicious, home-made items will be available such
as cookies, cakes, pies and other scrumptious
deserts. Don't miss! Luisa Senior Center Monday,
February 14 at 8:30 am.



FEBRUARY BIRTHDAY CELEBRATION

The Mary Esther Gonzales Senior Center will host
a party on Friday, February 18 at 12:00 p.m. in
celebration of those with birthdays in December.
Everyone is welcome!
Join in and enjoy the sing-a-long!



Valentine's Day Party

Join in the party at Pasatiempo Senior Center on
Monday, February 14th at 11:00 a.m.

ACTIVITIES

Senior Center Movie Days

MEG Senior Center

Projected on a huge,
Theater-style 14' x 16'
screen

Thursday, February 17
1:00 p.m.

"Black Beauty"

(1994) Starring Sean



Bean and Jim Carter. This is a classic story about a magnificent horse, Black Beauty. Watch this delightful tale as Black Beauty narrates the circle of his life, with all its trials and triumphs. A must see! Rated G – Family/Adventure/Drama



Luisa Senior Center

Wednesday, February 23

1:00 p.m.

"Calendar Girls" (2003)

Starring Julie Walters and Linda Bassett. Hoping to raise more money than usual with the annual calendar fundraiser, the ladies of the Rylstone Women's Institute in North Yorkshire come-up with a daring plan. Everyone is shocked when the calendar in fact becomes a worldwide sensation. Rated PG-13 – Comedy/Drama

Learn to make wonderful crafts!

Class is held every Tuesday
at 1:30 p.m.

in the MEG craft room

Supplies are provided!

Instructor: Francine Armijo



Make new friends while you learn!

Interested in classes and lectures? Want to meet others and make new friends? RENESAN, Institute for Lifelong Learning may be just what you are looking for. Call Hank Bahnsen at 984-2782 or 982-9274 for more information. If you have class suggestions, call Lupita at 955-4725

Senior Day at the New Mexico State Legislature

Thursday, February 10

Please come and support legislature to benefit you, our Seniors! For a ride, call 955-4700.



Pasatiempo Bake Sale

Wednesday, March 9. Starts at 9:00am.

Mark you calendar!

ACTIVITIES



Hawaii 15-Day Trip September 19 through October 3, 2005

Single: \$2,999.00

Double: \$2,399.00

First half must be paid by March 15,
and paid in full by June 15.

Space is limited. First 35 paid will go.

We will visit the islands of:



Waikiki day 1 thru day 5

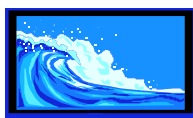
Kauai day 6 thru day 8



Maui day 9 thru 10



Hilo day 11



Kona day 12 thru day 14

We will depart for home on day 15.



Dinners and shows are optional and cost extra.

Call Corrine at 986-1780 or Ken at 955-4721 to

reserve your space or for more information.

ACTIVITIES schedule by center

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Coffee Social Guitar (beginner) Exercise Yoga Beg. Line Dancing Adv. Line Dancing Sing-A-Long (Span.) Sewing Wood/Straw Tai Chi Sounds of the Past (English) Spanish Class	PASATIEMPO Mon. thru Fri. Monday Mon./Wed./Fri. Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Wednesday Tuesday	8:00 am 9:00 am 10:00 am 8:30 am 12:30 pm 1:00 pm 11:30 am 1:00 pm 9:30 am 9:00 am 11:30 am 9:00am/ 1:00pm
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm	Art Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday	10:00 am 10:00 am 10:00 am 12:30 pm
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Wednesday Tues./Wed./Thur. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	SANTA CRUZ Tuesday Monday Tues./Fri. Wednesday Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm 12:30 pm 12:00 pm
Coffee Social Pool/Cards Liquid Embroidery Sing-A-Long Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Social Bingo Art Technique Open Crafts Exercise Toastmasters	VENTANA DE VIDA Daily Mon. thru Fri. Monday Tuesday Friday Daily Tuesdays	10:00 am 11:00 am 1:15 pm 1:15 pm 1:15 pm 8:30 am 6:30pm
Exercise Pool/Cards Hospice Crafts Bingo Crafts Movie Day Ceramics Clay Wood/Straw Quilting Movie Day Sing-A-Long Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Tuesday 3rd Thursday Wed./Fri. Wednesday Thursday Thursday Thurs. Feb. 17 Friday Friday	7:30 am 8:00 am 1:30 pm 1:00 pm 1:30 pm 1:00 pm 9:30 am 9:30 am 9:30 am 1:30 pm 1:00 pm 11:30 am 2:30 pm	Coffee Social Ceramics Open Crafts Clay Bingo Wood/Straw	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Monday Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 9:30 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES schedule by class

All activities are free of charge and open to anyone 60 years and over with a senior membership card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:15 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

CLAY

Villa Consuelo	9:00 am	Monday
M.E.G.	9:30 am	Wednesday

COFFEE SOCIAL

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G.	2:30 pm	Friday

EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30 am	Mon. thru Fri.
Pasatiempo (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	12:00 pm	Wednesday
Ventana de Vida (Open)	8:30 am	Mon. thru Fri.

GUITAR (Beginner)

Pasatiempo	9:00 am	Monday
Luisa	9:00 am	Wednesday

LINE DANCING

Pasatiempo (Beg.)	12:30 pm	Tuesday
Pasatiempo (Adv.)	1:00 pm	Tuesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	1:00 pm	Thur. Feb. 17

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed./Thur.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday
M.E.G. (Hospice)	1:30 pm	Monday
M.E.G. (Crafts)	1:30 pm	Tuesday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

Luisa	9:00 am	Thursday
Pasatiempo	1:00 pm	Wednesday
Ventana de Vida	1:00 pm	Friday
M.E.G.	1:30 pm	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:45 am	Tuesday
Pasatiempo (Spanish)	11:30 am	Wednesday
Pasatiempo (English)	11:30 am	Wednesday
M.E.G. (Spanish)	11:30 am	Friday

SPANISH CLASS

Pasatiempo	9:00 am	Tuesday
Pasatiempo	1:00 pm	Tuesday

TAI CHI

Pasatiempo	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

YOGA

Pasatiempo	8:30 am	Tuesday
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TOASTMASTERS

Ventana de Vida	6:30pm	Tuesday
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Let's Keep Fit In Winter

Outdoor winter exercise can be a problem. Take this morning, for example. My front lawn is covered with a half inch layer of snow. The temperature is a frosty 25o. The street has black ice lurking beneath the pretty white stuff; the tennis courts are unplayable, unless you feel that a risk of crashing your head on the slippery surface is some sort of macho adventure.

Yes, Santa Fe has some days in January which are not ideal for outdoor exercise, with the obvious exceptions of skiing and snow shoeing. But let's be fair and realistic. Most days we can exercise, even if we are limited to one form of keeping in shape. I am referring, mis compadres, to what all able-bodied seniors have been doing since age one. Walking!

Two senior Olympians, namely Joe Armbruster and Hutch Hutchison, have long extolled the many benefits walking provides for people of all ages. Hutch has composed the following information which tells about two walking clinics which take place in February. Please read it carefully and be there at these events.

Free Fitness Walking Clinics

Fort Marcy Recreational Complex

Thursday, February 17th &

Friday, February 25th.

8:30 am- 10 am - For All Ages

Excellent Leadership & Instruction by:

Joe Armbruster, Roy Cope, and Barb & Hutch Hutchison.

"Everyone needs to exercise"

"Improve your walking technique"

"Help those sore knees"

"Inexpensive exercise & fellowship"

"Lots of helpful handouts"

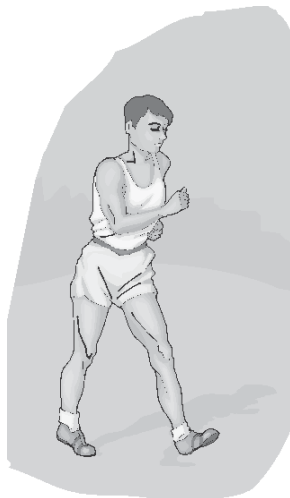
"Fine personal guidance for all"

"Free healthful advice"

(Wear walking shorts so you show your knees)

If interested, have questions call 982-0684, or use e-mail: Hutchsf@aol.com

Since we are stressing walking I have included the following excerpts from an article with important information.



Eight Lessons for Beginning Fitness Walkers

(From *Sportcare and Fitness Magazine*, May-June 1988)

- Lesson 1: Learning Pacing
- Lesson 2: Pacing
- Lesson 3: Walking for Weight loss

- Lesson 4: Refueling the walker
- Lesson 5: Walking for cardiovascular endurance
- Lesson 6: Integrating hard and easy walks
- Lesson 7: Technique
- Lesson 8: Foot care

This article, which is too long to be published here, is available upon request, to anybody who calls Bill Greaves, 471- 1277. There is an abundance of great information awaiting you.



Parting Shot

The best way to forget all your troubles is to wear tight shoes. - Anonymous

Hasta Marzo, mis amigos!

Bill Greaves

SENIOR CENTERS MEMBERSHIP INFORMATION

Do you have a Senior Center Membership ID Card?

All senior citizens who make use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode on it.

The barcode enables us to scan the card when we provide meals, transportation, activities, or commodities so that we can record units of service provided. The more units of service we can document, the more funding we receive to continue and expand our services to the senior population. So, it is very important to our programs for each senior to have a card and to bring it every time they use any Senior Services program.

If you do not have a card, please come get one. The card costs \$2 (\$1 for a reprint, if you lose yours or the information needs to be updated). The white cards NEVER EXPIRE!

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR FEBRUARY 2005:

M.E.G. Center	Tuesdays	Feb. 1, 8, 15, 22	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	Feb. 3, 10, 17, 24	9:30 to 12:00 & 1:30 to 3:00

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First and Second Tues. Tests conducted by Joanne M. Valdez, RN, BSN	February 1, 8	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	February 3	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	February 10	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. Tests conducted by Joanne M. Valdez, RN, BSN	February 15	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	February 17	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. Tests conducted by Valerie Dorcy, RN	February 3, 10, 17, 24	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues. Tests conducted by Lynn Berger, RN	February 8	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. Tests conducted by Frances Vigil, RN	February 16	11:00 a.m. to 1:00 p.m.

Foot Care

(From the National Institute on Aging, May 2000)

When we are in love we may be “swept off our feet.” When we don’t want to do something, we are said to have “cold feet.” A sensible person “has both feet on the ground.” Sometimes we even “vote with our feet.” Years of wear and tear can be hard on our feet. So can disease, poor circulation, improperly trimmed toenails, and wearing shoes that don’t fit properly. Problems with our feet can be the first sign of more serious medical conditions such as arthritis, diabetes, nerve and circulatory disorders.

Common Foot Problems:

Fungal and Bacterial Conditions, including athlete’s foot, occur because our feet spend a lot of time in shoes- a warm, dark, humid place that is perfect for fungus to grow. Fungal and bacterial conditions can cause dry skin, redness, blisters, itching, and peeling. To prevent infection, keep your feet, especially between your toes clean and dry. Try dusting your feet daily with foot powder.

Dry skin can cause itching and burning feet. Use mild soap in small amounts and a moisturizing cream or lotion on your legs and feet everyday.

Corns and calluses are caused by friction and pressure when the bony parts of your feet rub against your shoes. Treating corns and calluses yourself may be harmful, especially if you have diabetes or poor circulation.

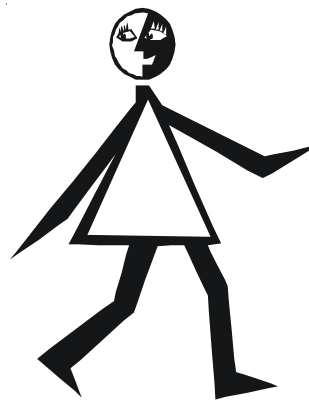
Warts are skin growth caused by viruses. They are sometimes painful and, if untreated, may spread. A doctor can apply medicines, burn or freeze the wart off, or remove the wart with surgery.

Bunions develop when the joints in your big toe no longer fit together as they should and become swollen and tender. Bunions tend to run in families. A doctor can also prescribe anti-inflammatory drugs and cortisone injections for pain. Sometimes surgery is needed to relieve the pressure and repair the toe joint.

Ingrown toenails occur when a piece of the nail breaks the skin- which can happen if you don’t cut your nails properly. Ingrown toenails are very common in the large toe. A doctor can remove the part of the nail that is cutting into the skin. This allows the area to heal.

Hammertoe is caused by a shortening of the tendons that control toe movements. The toe knuckle is usually enlarged drawing the toe back. Over time, the joint enlarges and stiffens as it rubs against shoes. Your balance may be affected. Wearing shoes and stockings with plenty of toe room is a treatment for hammertoe. In very serious cases, surgery may be needed.

Spurs are calcium growths that develop on bones of your feet. They are caused by muscle strain in the feet. Standing for long periods of time, wearing badly fitting shoes, or being overweight can make spurs worse. Sometimes spurs are completely painless and at other times they can be very painful. Treatments for spurs include using foot supports, heel pads, and heel cups. Sometimes surgery is needed.



Crosswalk Danger

(From *Healthy Aging*, Summer 2003)

Crosswalks with no traffic lights or stop signs can be deceptively dangerous, according to a report in the Journal of the Medical Association. Crosswalks without traffic signals seem to increase the risk of being struck by a vehicle, especially for those over 65.

While cars are usually required to yield to pedestrians whether there’s a signal or not, it’s always a good idea to keep your eyes peeled for vehicles that may not see you. A good thumb rule:

Establish eye contact with the driver as the car draws near. As you step into the street, look again to make sure the vehicle is slowing for you.

Maybe not as safe as you think - Over the counter drugs

(From *Healthy Aging*, Fall 2004)

Over the counter drugs (OTCs) have a good safety record. But there are circumstances in which they cause more health problems than they cure. A few OTC pitfalls to watch for:

- **Misdiagnosis.** Because there are OTC medicines for so many ailments, we are often quick to self-treat with one. But if your self-diagnosis is wrong, you might be covering up symptoms of a more serious ailment. The best advice is not to treat yourself unless you have familiar symptoms or your doctor has already diagnosed the same problem.
- **Inadequate treatment.** Because it's easy to buy a drug over the counter, some people delay getting needed medical treatment.
- **Reading labels.** The problem comes when people don't read the labels - or when they don't take label warnings seriously. Be sure to read the small print. If you have any questions about the dosage directions or warnings, talk to your doctor.
- **Side effects.** Though not as common, OTC drugs can have side effects. For example, aspirin and ibuprofen can cause gastrointestinal problems if you take them often for conditions like arthritis.
- **Overdosing.** Some people think that if a little is good, a lot is better. But you can overdose on OTC medicines. Some people inadvertently overdose on particular drugs by taking several multi-ingredient medicines that all contain, for example Tylenol. Taking more than three times the maximum recommended dose of Tylenol can damage the liver. For this reason it's usually better to stick to single-ingredient OTC medicines.
- **Overuse.** Taking some OTC medicines (including drugs for headache, insomnia, and stuffy nose) can lead to dependency. After the drug wears off, you get "rebound" symptoms even worse than the original ones.
- **Drug interactions.** Mixing drugs, certain foods, herbs, and supplements can sometimes create problems. Make sure your pharmacist and doctor know everything you are taking.
- **Sensitivity.** Some people can experience side effects, sometimes severe, from OTC drugs simply because they're older, but also because of allergies, kidney, and liver problems.



Osteoporosis: Know Your Risk and How to Lessen It

By Miriam Nelson, Ph.D., Associate Chief of the Human Physiology Laboratory at Tufts University

It is now believed that peak bone mass is determined 60-70% by genetic factors. So if either parent or any of your siblings were ever diagnosed with osteoporosis (or suffered fractures, lost more than an inch and a half of height or developed a hunched over posture all of which suggest the presence of osteoporosis), you're at an elevated risk too. Studies consistently find that women who suffer fractures after age 40 either have osteoporosis or are at elevated risk of developing it. This is true regardless of which bone was broken.

The lighter the color of your skin, the greater your risk for osteoporosis. Broken down by race, here are the proportions of women over 50 who have the disease: Caucasians and Asians 30%, Hispanics 16%, African Americans 10%. Women who reach menarche (the beginning of menstruation) relatively late are at higher risk for osteoporosis. They have less lifetime exposure to bone savings estrogen.

Menstrual interruptions or irregularities indicate reduced-estrogen exposures, which means elevated risk for bone loss. All women are at increased risk of bone loss after menopause- but risks are even higher for those who go through the changes of life early. The earlier a woman stops menstruating the less lifetime estrogen exposure she has. Slender women generally have less bone mass than healthy-weight or heavy women, so they are particularly vulnerable to fractures- especially if they're tall. The longer the bones, the easier it is for them to break.

HEALTH continued

Rx-America Group, Inc. a non profit organization

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who **do not** have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, *Rx-America Group, Inc.* will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

**This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.*

To obtain a **FREE** prescription search, please fill out the attached form and mail to Director, c/o *Rx-America Group, Inc.*, PO Box 31753, Santa Fe, New Mexico, 87594-1753.

(PLEASE PRINT CLEARLY)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____

Best Time to Call: _____ Home Bound? _____ Yes _____ No

Prescriptions

Dosage (in ml. or mg.)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SAFETY

Nursing Homes Lack Fire Safety Protections

(From *AARP Bulletin*, September 2004)

Nursing home residents are now allowed to live in rooms without automatic sprinklers or smoke detectors, an omission U.S. officials plan to correct in the next few years.

A new study of fire safety in nursing homes by the U.S. Government Accountability Office is highly critical of federal oversight. Congress requested the study after fires in nursing homes in Connecticut and Tennessee killed 31 people in 2003.

An estimated 30 percent of the country's 16,300 nursing homes do not have sprinklers. While newer homes have them, older ones are not required to install them; nor are homes without sprinklers required to have smoke detectors in residents' rooms. Under the new rules that the centers for Medicare & Medicaid Services are writing, all rooms will be required to have smoke detectors.



Driven to Distraction

(From *Healthy Aging*, Spring 2001)

Nearly 25% of the 6.5 million car accidents each year in the U.S. are caused by people who literally drive themselves to distraction. These accidents happen as a result of eating, talking on the cell phone, talking to the passengers, adjusting dashboard controls, even putting on make up and reading while driving. "People do these things all the time, so they think it's no big deal. But when you stop looking where you are going and stop using the mirrors, you don't see the cars braking in front of you and you don't see the cars on the side when changing lanes," says Mark Edwards of the American Automobile Association. "There is nothing wrong with driving down the road drinking a cup of coffee, but don't do it while trying to merge into rush-hour traffic on the highway," advises Edwards.

Water in an Emergency

(From the American Red Cross)

How to store water:

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can purchase food-grade plastic buckets or drums. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

Three ways to purify water:

Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.

Boiling. Boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.

Disinfection. You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25% sodium hypochlorite. Do not use scented bleach, color safe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon of water; stir and let stand another 15 minutes.

Distillation. Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips into the cup is distilled.

If you are interested in learning more about how to prepare for emergencies, contact your local or State Office of Emergency Management or local American Red Cross chapter, or write to FEMA, PO Box 2012, Jessup, MD 20794-2012

PUZZLES

ACROSS

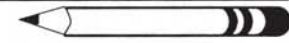
1. Small square of butter
4. Angry
7. Male child
10. Self-esteem
11. Historical age
12. Tiresome one
13. Fee paid for breaking a law
15. Store's bargain events
16. Distress signal
17. Gives shape to
18. Glossy fabric
21. Barbie, for one
22. Operatic solo
23. Put (money) in the bank
26. Be victorious
27. Weather —, barn ornaments
28. Apply lightly, as paint
30. Leaves
32. Residence
33. Employs
34. Heaped
35. Imposed a 13-Across upon
37. Neither's partner
38. Mutual agreements
39. Even so
43. Highest cards
44. Dollar bill
45. Be in debt

46. Guided
47. For each
48. Marry

DOWN

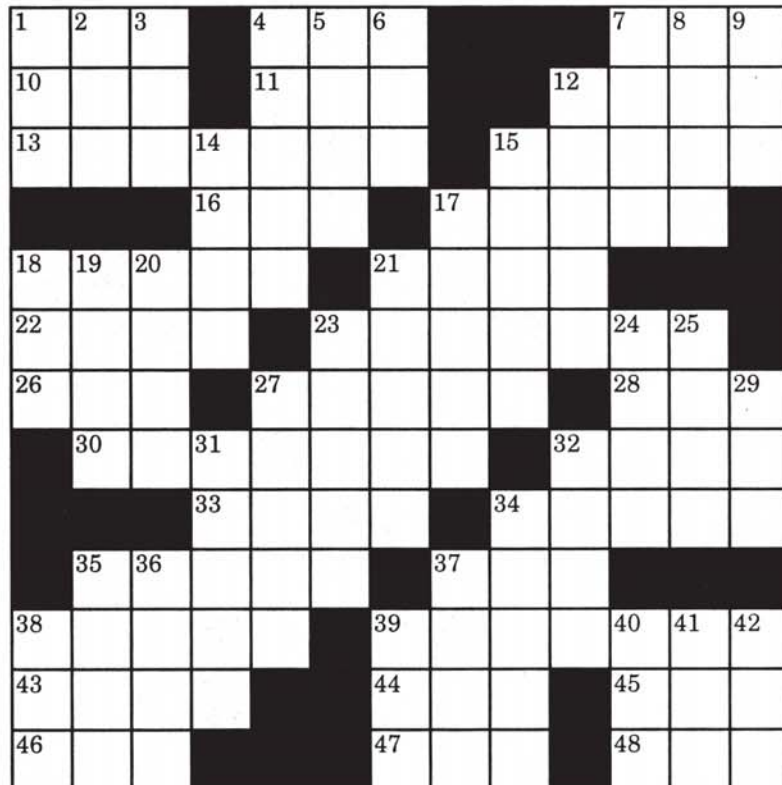
1. Energy
2. Grow older
3. 2,000 pounds
4. Cantaloupe or casaba
5. Linkletter and Garfunkel
6. 24 hours
7. Fearless
8. Mine finds
9. Affirmative reply
12. Bouncing toys
14. Largest continent
15. Sings alone
17. Is gloomy and dispirited
18. Carpenter's tool
19. Very dry
20. Fork prong
21. Results of fender mishaps
23. Challenged
24. One who is worshipped
25. Wild's opposite
27. Flower containers
29. Sleeping spot
31. Kicks (a football)

CROSSWORD 86



32. Take on (an employee)
34. Strength
35. Confront
36. Frosted, as a cake
37. "And Then There Were —"
38. Buddy
39. Jump on one foot
40. Wedding promise
41. Lamb's mother
42. Comedian Skelton

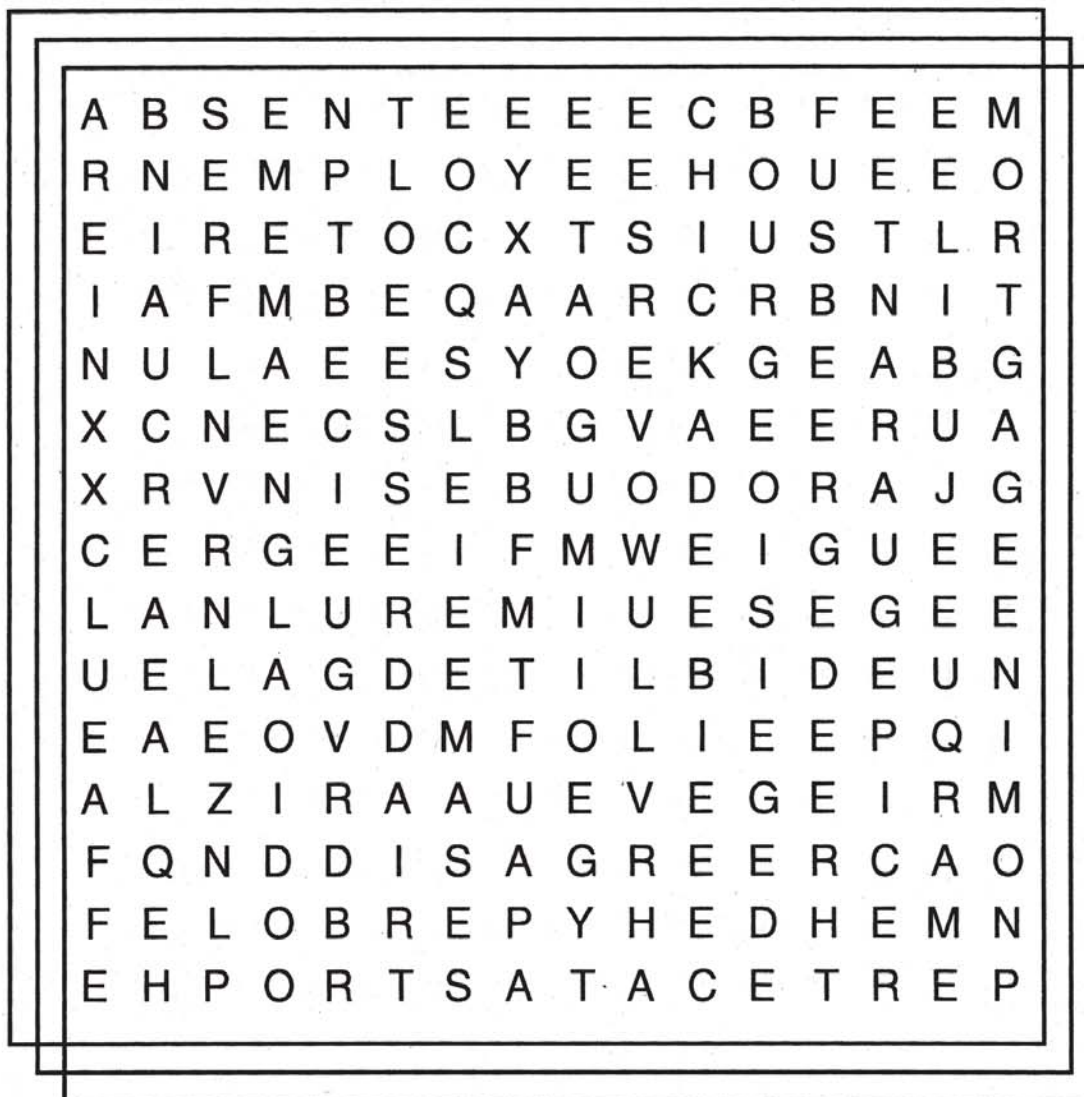
Solution is on page 142



PUZZLES continued

puzzle 99

SOUNDS LIKE "EE"



W-0199

ABSENTEE
ADDRESSEE
ASSIGNEE
BEE
BOURGEOISIE
BUMBLEBEE
CALORIE
CATASTROPHE

CHICKADEE
COTERIE
DEGREE
DEVOTEE
DISAGREE
EMPLOYEE
ENNUI
FACSIMILE

FILIGREE
FLEA
GOATEE
GUARANTEE
HYPERBOLE
JUBILEE
LEVEE
MARQUEE

MORTGAGEE
NOMINEE
OVERSEE
RECIPE
REFEREE
SESAME
THREE

PUZZLE answers

CROSSWORD 86

P	A	T		M	A	D			B	O	Y
E	G	O		E	R	A			B	O	R
P	E	N	A	L	T	Y			S	A	L
			S	O	S		M	O	L	D	S
S	A	T	I	N		D	O	L	L		
A	R	I	A		D	E	P	O	S	I	T
W	I	N		V	A	N	E	S		D	A
		D	E	P	A	R	T	S		H	O
			U	S	E	S		P	I	L	E
		F	I	N	E	D		N	O	R	
P	A	C	T	S			H	O	W	E	V
A	C	E	S				O	N	E		O
L	E	D					P	E	R		W

puzzle 99

A	B	S	E	N	T	E	E	E	C	B	F	E	E	M
R	N	E	M	P	L	O	Y	E	E	H	O	U	E	O
E	I	R	E	T	O	C	X	T	S	I	U	S	T	R
I	A	F	M	B	E	Q	A	A	R	C	R	B	N	T
N	U	L	A	E	S	Y	O	E	K	G	E	A	B	G
X	C	N	E	S	S	L	B	G	V	A	E	E	R	U
X	R	V	N	I	S	E	B	U	O	D	O	R	A	J
G	E	R	G	E	E	I	F	M	W	E		G	U	E
L	A	N	L	U	R	E	M	I	N	E	S	E	G	E
U	E	L	A	G	D	E	T	I	L	B		D	E	U
E	A	E	O	V	D	M	F	O	L	I	E	E	P	Q
A	L	Z	I	R	A	A	U	E	V	E	G	E		R
F	Q	N	D	B	I	S	A	G	R	E	E	R	C	A
F	E	L	O	B	R	E	P	Y	H	E	D	H	E	M
E	H	P	O	R	T	S	A	T	A	C	E	T	R	E

W-0199

SENIOR CENTER LUNCH MENU

February 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SPAGHETTI & MEATBALLS ITALIAN VEGGIES TOSSED SALAD PEACHES GARLIC TOAST MILK	2 CHICKEN CORDON BLEU RICE PILAF PEAS & CARROTS CHERRY CRISP ROLL MILK	3 SALISBURY STEAK MASHED POTATOES BROWN GRAVY GREEN BEANS PEARS ROLL MILK	4 HAM & CHEESE SANDWICH VEGGIE SOUP POTATO CHIPS APPLE MILK
7 CHICKEN WITH CREAM OF MUSHROOM SAUCE STEAMED RICE PEAS ORANGE JELLO ROLL MILK	8 GREEN CHILE BEEF ENCHILADAS BEANS SPANISH SLAW TORTILLA ORANGE MILK	9 <u>ASH WEDNESDAY</u> BAKED COD SCALLOPED POTATOES CALIF. VEGGIES GRANOLA BAR ROLL MILK	10 CHICKEN TERIYAKI PEPPERS & ONION ORIENTAL VEGGIE EGG ROLL FORTUNE COOKIE MILK	11 MACARONI & CHEESE 5-WAY VEGGIES TOSSED SALAD YOGURT ROLL MILK
14 POLISH SAUSAGE SAUERKRAUT BOILED POTATOES CARROTS ICE CREAM ROLL MILK	15 FRITO PIE WITH BEANS, CHEESE & ONIONS CORN PINEAPPLE BITS CRACKERS MILK	16 SLOPPY JOE FRENCH FRIES CARROT & RAISIN SALAD PLUMS MILK	17 BBQ CHICKEN PARSLEY POTATOES PEAS & CARROTS BROWNIE ROLL MILK	18 BEAN & CHEESE BURRITO WITH RED CHILE SAUCE SPANISH RICE PEACH COBBLER MILK
21 CHICKEN ALFREDO WITH NOODLES ASPARAGUS PEARS ROLL MILK	22 CORN DOG PORK & BEANS COLE SLAW CAKE MILK	23 PORK ROAST MASHED POTATOES BROWN GRAVY MIXED VEGGIES ICE CREAM ROLL MILK	24 BEEF STROGANOFF OVER RICE GREEN BEANS PUDDING ROLL MILK	25 CHEESY NOODLES WITH TUNA BROCCOLI PEACHES ROLL MILK
28 GREEN CHILE TORTILLA BURGER REFRIED BEANS CUCUMBER SALAD APPLE CRISP MILK				

Please note: At MEG Center only, on any given day, you may choose soup and salad rather than the hot meal listed above.